



BUILDING MAGICAL MEMORIES

LIMA

PERUFORLESS Travel Guide



A guide to the buzzing, culturally rich city of Lima, written by the travel experts at Peru For Less



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Introduction to Lima

A culturally rich yet modern city on the rise, Lima has an edge worth exploring. Its raw vibe mixed with its growing sense of pride is sure to make this once-Spanish capital of the viceroyalty a memorable and worthwhile stop in your Peruvian vacation itinerary. The capital city is a vital part of what defines Peru today. With a population of more than eight million - about one-third Peru's population - and as the seat of the national government and the headquarters of most industry, Lima thoroughly dominates Peru's political and commercial life. The country's best museums, restaurants, and nightlife are here, and many of the classic colonial buildings in the old centro are being successfully refurbished to preserve the country's history for later generations of residents and tourists alike.

Even if you have only a day or two for Lima, the city's numerous art and archaeology museums serve as perfect introductions to the rich history and culture that you will encounter elsewhere in the country. If you have the chance to indulge in a tour of colonial Lima, dine at a fantastic criollo (creole) restaurant, soak up some energetic nightlife and browse the country's best shops; you will undoubtedly come away from Lima pleasantly surprised by what you find.



Lima Geography and Climate

The fifth largest city in South America – behind Mexico City, Sao Paulo, Buenos Aires and Rio de Janeiro – Lima is situated on a dry desert plain halfway down the arid coast of Peru between the cliffs of the Pacific Ocean to the West and the rising foothills of the Andean mountain range to the East. Due to the multi-hour commutes that workers faced on a daily basis, city officials declared in 1970 that the city would no longer spread outward; however, the borders designating the limits of urban Lima continue to expand annually. Given that the city is situated on a long stretch of coastal desert, Lima is by and large a flat city, making inner and outer city bicycle tours an interesting option for the cycling inclined.

The urban area of Lima is located on mostly flat terrain in the Peruvian coastal plain, within the valleys of the Chillón, Rímac, and Lurín rivers. The city slopes up gently from the shores of the Pacific Ocean into valleys and mountain located as high as 500 meters (1,600 feet) above sea level. Within the city are isolated hills which are not connected to the surrounding hill chains, such as El Agustino, San Cosme, El Pino, La Milla, Muleria and Prohills. The San Cristobal hill in the Rimac district, which faces directly north of the downtown area, is the local extreme of an Andean hill outgrowth.

LIMA'S CLIMATE IS MILD, DESPITE BEING LOCATED IN THE TROPICS. THE CITY HAS A SUBTROPICAL AND DESERT CLIMATE, YET THE MICROCLIMATE CREATED BY THE CITY'S PROXIMITY TO THE COLD PACIFIC OCEAN WATERS ALSO MAKES THE ATMOSPHERE VERY HUMID THROUGHOUT THE YEAR. THE YEAR-ROUND TEMPERATURES VARY FROM COOL TO WARM (IN OTHER WORDS, NEITHER COLD NOR VERY HOT), AND ARE CHARACTERIZED BY A SPRING-LIKE MILDNESS.

Relative humidity is always very high, but particularly so in the mornings, and this often produces brief morning fog from June to December and persistent low fog that settles over the city from May to November.





Lima Winter

(May - December) The average daily temperatures in winter range from 12°C (54°F) to 20°C (68°F), and are usually accompanied by continuously overcast skies, fog, and mist. The all-time record low in the metropolitan area is 9°C (46°F).

Lima Summer

(December – April) The daily average temperatures in summer range from 19°C (66°F) to 29°C (84°F), and days are generally sunny, but still relatively humid. The maximum temperature recorded in the metropolitan area is 34°C (93°F).

As Lima is essentially located in a desert, rainfall is very low. The severely low rainfall impacts water supply in the city. Inland locations receive anywhere between 1 to 6 cm (2.4 in) of annual rainfall, which accumulates mainly during the winter months. The peak of the “rainy season,” which does not produce “rain” in the true sense of the word, comes in the form of a heavy mist (locally called “garúa” or “llovizna”) that condenses late at night or early in the morning.

Despite the predictability of Lima’s weather, it is always a good idea to get information about current conditions before your trip. We recommend you check out the latest conditions and forecasts with weather.com’s trip planner.

Lima Demographics and Statistics

As the country’s melting pot, modern day Lima exemplifies what occurs when highland, tropical lowland, and coastal cultures intermingle over a relatively short span of time. Luckily, it is precisely this blend of Peruvian ethnicities and contrasting customs, as well as the influences brought by past waves of Arab, European, and Asiatic immigrants that gives Lima its astounding vibrancy.

POPULATION: 8,445,200 (2007)

RELIGION: Principally Roman Catholic 81.3% and Evangelical 12.5%.

AREA: Although the official metropolitan area of Lima occupies a territory of 2,672.28 sq. km. (1,031.77 sq. mi.), the actual designation of “urban” Lima comprises only 31% (320 sq. mi.) of this space. The remaining 69%, or 13 of the city’s 43 districts, is commonly considered the outskirts of Lima proper.



Lima Transportation

Getting to Lima

AIRPORT

When flying into Lima you arrive at **Jorge Chavez International Airport** (www.lap.com.pe), which is located in Callao, 10 mi/16 km or 30 minutes northwest of the Miraflores district of Lima. Domestic flights from Lima, and all international flights arriving to or leaving from Peru, transit through this airport. However, keep in mind that with traffic it can sometimes take up to an hour to reach the airport, if not more when departing from Miraflores.

Airport authorities also recommend arriving 3 hours ahead of an international flight or 2 hours prior to a national departure. This is because airlines have a tendency to overbook domestic flights, so it is important to arrive early to ensure your reserved seat is available. As a precaution, be sure to reconfirm your flight with the airline 72-24 hours prior to departure; payment and reservation do not always guarantee a seat if you arrive late for check in!



GETTING THERE

There are no bus services that go directly to the airport or even have a stop located on airport grounds. As a result, we recommend you take a taxi or arrange a shuttle service from your hotel. A taxi generally costs \$17 to/from Miraflores and \$10 from the center of Lima. It is safer to take an official taxi from directly outside the arrivals hall rather than an unofficial from further away. If in doubt, ask the taxi driver to display his license and write down the car's license plate, or book with an official company (which can sometimes be cheaper) located in the main arrivals hall. Greentaxi and Taxi Seguro are two recommended options.

DEPARTURE TAX

A departure tax fee (TUUA) must be paid at the airport as well, at the airport payment teller window located on the second floor just before security screening. This is a different location from where you check in with your airline and deposit your luggage, giving you another reason to arrive early as you will need to line up twice. As of May 2009, the departure tax cost US \$31 or S/. 97.19 for international departures and US\$ 5.84 or S/. 18.31 for local ones.

AIRPORT SERVICES

A variety of conveniences can be found at Lima's international airport, including car rental agencies, Interbank and GlobalNet ATMs, Peruvian post office, luggage storage, gift shops, cellphone rental stalls, restaurants, internet cafes and VIP rooms.

In addition, information stalls recognized by their name 'iPeru' can be found throughout the arrivals hall at the airport. These stalls are provided by the private corporation Lima Airport Partners and are intended to provide general travel information to visitors.

INTERNET AND TELEPHONE

Recently the Lima airport became Wi-Fi compatible. However, these services are not free. Wi-Fi cards can be bought at the coffee shops located in Peru Plaza, in the domestic and international terminals and in the Telefónica public call center, which is on the second level. Telephone booths are located throughout the airport, with the highest concentration being in the Telefónica office.

LUGGAGE STORAGE

The following is information about luggage storage as of September 2009:

Luggage Storage: Big Luggage (check-in luggage type) S/. 14 (each piece) per day

Lockers: S/. 28 (all you can fit) per day, [80 cms tall 1m depth approx]

Lockers and storage per hour: Locker: S/. 7 Luggage Storage: S/. 3.50

Any additional info or further update call: (511) 517 3217 Airport Luggage Department

***All prices in Peruvian Nuevos Soles**

BUS

Unlike many other Latin American cities, Lima does not have a central bus terminal. Instead, there are groupings of smaller terminals spread around the city that a few bus companies share between each other. This can make price comparison and spur of the moment departures rather difficult.

As always, be sure to watch out for bag snatchers, pick pockets, or other forms of thievery. Keep hold of your luggage at all times. Sometimes a departure tax of a few soles is required, depending on the city terminal from which you are departing. A staff member is usually stationed at the entrance to the departure platform to check your ticket and ensure you have paid. Departure tax stalls are generally found next to or in front of this exit, within the main terminal.

It can also get very cold during bus journeys and the provided blanket is rarely enough. Be sure to bring a coat, scarf, and/or thick socks to wear during the journey, especially when travelling eastward to destinations like Puno or Cuzco.



The three main companies with the most destinations in Peru are Cruz del Sur, Oltursa, and Ormeño.

Cruz del Sur (Services north, south and central Peru)

Sales Office - Jr Quilca 531, Lima center Tel 424 6158.

Bus Station - Av Javier Prado Este 1109, San Isidro Tel 225 6163

<http://www.cruzdelsur.com.pe>

Oltursa (Services north and south Peru)

Sales Office - Coronel Inclán 131 2nd floor, Miraflores Tel 445 - 8141

Bus Station - Av. Aramburú 1160, San Isidro Tel 225 – 4499

<http://www.oltursa.com.pe/>

Ormeño (Services north, south and central Peru)

Jr Quilca 531, Lima center Tel 424 6158.

Av Javier Prado Este 1109, San Isidro Tel 225 6163

<http://www.grupo-ormeno.com>

Getting around Lima

TAXI

Taxi rides in Lima are not metered, so it is important to negotiate the price to your destination before getting into the taxi. Also beware of price gouging: make sure the agreed upon price is for the ride, and not per person. Generally a ride anywhere in Lima can cost between 3 soles for a local (intra-district) ride to a maximum of 18 soles across districts. Be warned that taxis will honk (a lot) to get your attention – just ignore them, they do it to everyone but even more when they see a foreigner and think there's a chance of a commission!

RAPIRED: 715-3300<http://www.rapired.com.pe>**TAXI SEGURO:** 330-2795<http://www.taxiseguro.com.pe>**GREENTAXI:** 484-4001<http://www.taxigreen.com.pe>**TAXI REAL:** 470-6263<http://www.taxireal.com/>

PUBLIC TRANSPORT

There are several types of public transport: big buses, medium-sized micros, and combis, which are small white vans packed with up to 20 people. Usually you can stop them at any point, though it's easier at the end of a block or at traffic lights. If a bus or combi is not full enough the driver will go slower in the hope more people hop in, so take a cab if you are in a hurry. In a combi you usually pay from 0.50 to 1.80 soles. On the side of every bus or van you will find written the names of the major avenidas it travels along. If these don't make sense to you, simply ask the conductor about the quarter (neighborhood) you want. He will either wave you in or direct you to another bus. Be careful, as he may wave you in, even if the bus does not actually go where you want.

These buses and combis stop virtually anywhere along the line you want them to, though can sometimes miss your stop if you do not warn the driver or serviceman loudly enough. Say 'baja' and then the destination, when you're within a block or two of that location. Although inexpensive, this system is seemingly unorganized and is characterized by the lack of formality. Because combi rides can be confusing and a bit hectic, do not try this unless you have manageable Spanish. Instead, opt for a taxi which costs proportionally more but is still a bargain if it saves you time and stress.

History of Lima

Although "officially" founded on 18 January, 1535, by the Spanish Conquistador Francisco Pizarro, Lima existed for centuries before as a small port town originally inhabited by communities of fishermen. At its founding in 1535, the city was officially renamed the City of Three Kings (Tres Veces Coronada Ciudad de los Reyes), although the original name of Lima continued to be used. The reference to the three kings comes from January 6 – date of the feast of the Epiphany – and the date the city was established. The origin and significance of the original name Lima, however, remains unclear. Historians believe there are two possible origins for this name, deriving from the Aymara word limaq- meaning "yellow flower," or the Quechua word rimaq, which means "talker," after a famous oracle who occupied the valley before the Incan invasion in the 15th century. Rimaq is also the name of the river that leads to Lima, although Spanish documents from the colonial period indicate that the river was named after the Valley, rather than the reverse which is more often the case.



LIMA EXPERIENCED A MASSIVE BOOM IN FOREIGN INFLUENCE, RELIGION, AND TRADE WHILE SERVING AS THE SEAT (ALONG WITH MEXICO CITY) OF THE SPANISH VICEROYALTY DURING THE COLONIAL ERA, FROM THE MID-1500S TO EARLY 1800S. IT IS DURING THIS PERIOD THAT MUCH OF THE CITY'S FINE COLONIAL ARCHITECTURE, ESPECIALLY ITS CHURCHES, CLOISTERS, AND MONASTERIES, WAS CONSTRUCTED.

The broad avenues and wide criss-crossing streets which now characterize much of the city were constructed at the end of the 19th century, in the aftermath of the War of the Pacific and the simultaneous mob attacks spurred on by social unrest and the growing chasm between rich and poor. Another earthquake destroyed much of the city in 1940, which at that time was mostly constructed out of adobe and other natural materials. It was also in the 1940s that Lima started a period of extensive urbanization, prompted primarily by massive waves of immigrants from the Andean provinces seeking to escape the violence and poverty of the countryside and highlands. The population of Lima grew exponentially beginning at this time, beginning in 1940 from an estimated 0.6 million, reaching 1.9 million only two decades later, and nearing 7.7 million as of 2007. At the start of this period, the urban area was confined to a triangular area bounded by the city's historic center, Callao and Chorrillos; in the following decades settlements spread to the north, east and south. New arrivals and immigrants sought to expand the confines of their worker ghettos, originally centered in downtown Lima, through large-scale land invasions which gave rise to the proliferation of shanty towns, known as *pueblos jóvenes* (literally meaning "young towns.")

During the early twentieth century thousands of immigrants came to the city, a significant number of which were from Western Europe, comprising mostly of French, Italians and Germans. They organized social clubs and built their own schools and hospitals. In the process of adapting their own lifestyle to their new home, they also influenced Peruvian cuisine, the Italians in particular exerting a strong influence in the Miraflores and San Isidro areas with their restaurants, called *Trattorias*. In addition to European immigrants, a great number of Chinese immigrants, and a lesser amount of Japanese, came to Lima and settled in the Barrios Altos neighborhood near downtown Lima. They usually found work on farms and in the domestic services. Lima residents refer to their Chinatown as "Calle Capon," and the city's ubiquitous *Chifa* restaurants – a small, sit-down, usually Chinese-run restaurant serving the Peruvian spin on Chinese cuisine – can be found by the dozen in this Chinese enclave, currently the largest of its kind in South America.

Where the economy is concerned, industrialization began to take hold in Lima in 1930s, and today the Callao seaport is one of the main fishing and commerce ports in South America, with 75% of the country's imports and 25% of its exports shipping through the Callao port. The main export goods leaving the country through Callao are oil, steel, silver, zinc, cotton, sugar, and coffee.

Lima is indisputably the industrial and financial center of Peru, home to many national companies. The Metropolitan area, with around 7,000 factories, spearheads the industrial development of the country, thanks to the quantity and quality of the available workforce, cheap infrastructure, and the mostly developed routes and highways in the city. The most relevant industrial sectors are textiles, clothing, and food. Chemicals, fish, leather, and oil derivatives are also manufactured and/or processed in Lima. The financial district is located in the quarter of San Isidro, while much of the industrial activity takes place in the area stretching west of Downtown Lima to the airport in Callao.

Most of the foreign companies operating in the country have also settled in Lima, which has led to the previously mentioned concentration of economic and financial activity in the city.

There has been a noticeable increase in light industries, services, and high technologies. In 2007, the Peruvian economy grew by 9%, the largest growth rate in all of South America, an increase which was spearheaded by economic policies originating in Lima. The Lima Stock Exchange grew by 185.24% in 2006 and by 168.3% in 2007, making it one of the fastest growing stock exchanges in the world. In 2006, the Lima Stock Exchange was the most profitable in the world.

The Asia-Pacific Economic Cooperation Summit and the Latin America, the Caribbean and the European Union Summit were hosted by the city of Lima in 2008.

Lima Districts

While visitors to Lima are encouraged to explore the various attractions in the city center, the wealthier districts of Miraflores, Barranco, and San Isidro are the safer and more peaceful areas and most suitable for overnight stays, as they located far from the hectic center that gives Lima its reputation as a noisy, chaotic, and overpopulated capital city.





Miraflores

Miraflores is one of the most visited districts in Lima. From the central location of Parque Kennedy extend a wide range of restaurants, shops, hostels and hotels, bars and clubs. Parque Kennedy regularly hosts craft markets, live music and art exhibitions at night and on the weekends where locals and tourists alike gather to enjoy the evening social scene. Only a few blocks from the park is the ocean view shopping mall of Larcomar, built into the cliffs above the Pacific Ocean; this mall boasts a variety of entertainment for everyone: a video arcade, a movie theater, a bowling alley, an up-scale shopping and a wide array of restaurants, bars and clubs. Undulating like a snake along the coast of the Miraflores district is the Costa Verde, or Green Coast, where surfing and paragliding is popular year-round. Another popular park is the Parque del Amor, where young couples gather in the shadow of a suggestive statue to watch the sunset from various perches and mosaic-tiled benches.

Barranco

Already an established beach resort by the end of the 17th century, Barranco is a district known for its arts, fine choice of restaurants, bohemian feel and lively nightlife. This suburb also has an excellent public library (formerly the town hall) located on the central Plaza. The Bajada de los Baños is a beautiful shop- and café-lined walkway that leads to the district's ocean beaches below. It is crossed by the romantic Puente de los Suspiros (Bridge of Sighs) leading to the central park of Barranco, which has a large picturesque cathedral, and is surrounded by cafés, art galleries and exhibits, hotels and hostels, restaurants, bars and nightclubs. You can also find peñas here, which feature typical Peruvian dances and live Creole/Peruvian music.

San Isidro

San Isidro, which shares a border with Miraflores, is the financial center of Lima, with over 20 banks and a large commercial center. It is also home to 28 foreign embassies. Like the more residential Miraflores, this district boasts some of the city's largest and grandest homes. This is a beautiful area to wander the streets, relax at a café and experience how the Lima elite live!

Cercado de Lima

Cercado de Lima, also known as Lima Centro, or Downtown Lima, is home to the **Plaza de Armas**, the main square of Lima which contains the **Government Palace**, and **the grand Cathedral**, which holds the remains of Francisco Pizarro. Overlooking the Plaza is **Cerro San Cristobal** with its giant cross. From the plaza, a one-hour tour will take you to the top of the hill for amazing views of the city. Only a short walk away from the main plaza is also **Iglesia San Francisco**, a former Franciscan monastery which is now a popular tourist destination famous for its catacombs that served as a resting place over the centuries to more than 25,000 bodies. Tourist souvenir markets can also be found in this area. Near the Plaza on the shore of the river Rimac is the **Alameda Chabuca Grande**, where you can find a large craft market, typical Peruvian food and drinks, mainly from the jungle regions, and live music and dance shows. Another nearby plaza is **Plaza San Martin**, connected to the Plaza de Armas by the pedestrian shopping street, **Jirón de la Union**.

Lima Attractions

Also known as the Plaza Mayor, the **PLAZA DE ARMAS** is located in the heart of the Historic Center of Lima and is fittingly the capital's principal public space. The distinguished and imposing buildings surrounding the plaza are the Government Palace, the Lima Cathedral, the Archbishop's Palace of Lima, the Municipal Palace and the Palace of the Union. The location for the plaza was designated on January 18th, 1535, the same day the city was founded, by Spanish conquistador Francisco Pizarro, in accordance to the 1523 Procedures for the creation of cities in the New World, outlined by King Charles I of Spain. The 17th century historian Bernabé Cobo said of the plaza: "...it is the finest and most well-formed [plaza] that I have ever seen, even in Spain. It occupies an entire block, with the width of four streets on one side and four streets on the other, and with all four sides it measures more than two thousand feet; it is very flat..."

Francisco de Toledo inaugurated on October 21, 1578. It consisted of a baluster and an elevated bowl, and in it had eight pipes through which water fell into the bowl on the next level. A ball at the top of the fountain dispersed water back onto the lower levels. The seal of the city was inscribed on this ball. This fountain was replaced by the viceroy García Sarmiento de Sotomayor, count of Salvatierra, who inaugurated it on September 8, 1651. It is this fountain which remains as the centerpiece of the plaza to this day.

The plaza itself has a colorful past: during the colonial era, it served as a market, bullfighting ring, and the city gallows. The plaza also became home to the auto de fe (act of faith), during which the penances declared by the Inquisition were carried out by and on the condemned. The tribunal of the Inquisition had one of its three courts in Lima. The first conviction occurred on November 15, 1573, and the victim was the first heretic to be tried and executed in the New World.



In 1821, José de San Martín proclaimed the Independence of Peru on this plaza. After this historic event, the flag of the new republic was paraded around the plaza. Later, in 1855, President Ramón Castilla inaugurated the first public street lighting system by installing the first gas lit lamp posts in the plaza.

Probably the most spectacular of Lima Centro's colonial-era churches, **THE IGLESIA SAN FRANCISCO** is a strikingly restored, yellow-and-white 17th-century baroque style complex that survived the massive earthquake in 1746. Cloisters and interiors are lined with beautiful azulejos (glazed ceramic tiles) from Seville; carved mudéjar (Moorish-style) ceilings are overhead. Guided tours take visitors past the cloisters to a fine museum of religious art, with beautifully carved saints and a series of portraits of the apostles completed by the studio of Francisco Zurbarán, the famed Spanish painter. For many, though, the most fascinating component of the visit is the descent into the catacombs, which were dug beginning in 1546 as a burial ground for priests and others. (As many as 75,000 bodies were interred here before the main cemetery was built.) File past loads of bones – the exact number of subterranean levels is unknown—and see a circular well lined with perfectly laid skulls and femurs. Also of great interest are the church, outfitted with an impressive neoclassical altar, and a fantastic 17th-century library with 20,000 books, many of which date to the first years of Lima's foundation. A breathtaking carved Moorish ceiling over a staircase is a reconstruction of the original from 1625. Allow 1½ hours to see it all, including waiting time for an English-language tour.

The **SANTUARIO LAS NAZARENAS CHURCH**, also in Lima Centro, is the origin of the extremely popular Peruvian Catholic procession of Señor de los Milagros, the Lord of Miracles, who is also the patron saint of the city. These festivities in the month of October constitute the most important religious event in Lima. The sanctuary was constructed together with Monastery of Nazarenas in the eighteenth century, after a strong earthquake in 1746.





The historic monument, **PLAZA DE TOROS DE ACHO**, in Rimac, is the most important among the 56 official bullrings in the country. Construction began on 30 Jan 1766 using classic materials, adobe and wood, and it has survived the various earthquakes that have rocked Lima in the centuries since its construction. The plaza is the oldest in the Americas and the second-oldest in the world after La Maestranza in Spain (not counting the Roman Empire-era Arles Amphitheatre in France, which is still in use). Technically, though the Peruvian plaza's construction began after its Spanish counterpart, it was the first to actually reach completion. Acho was rebuilt in 1946, and the capacity was amplified to 13,000 spectators, but in the act of reconstruction no longer qualified as the largest bullring in the world.

Each year, the plaza showcases the most celebrated bullfighters of the world. Additionally, the annual bullfighting fair Señor de los Milagros is held at the plaza on Sundays through October and parts of November. The best bullfighter of the year is awarded the Escapulario de Oro (Golden Scapular).

For many years, the Jirón de la Unión was the most important avenue in downtown Lima, characterized as the most “aristocratic,” where city's most celebrated and revered personalities would gather. Later, as a consequence of the general deterioration of the city center in the 1960s, the Jirón de la Unión lost its original defining character and became a strictly commercial avenue.

Running along the eastern side of the Plaza de Armas, the Jirón de la Unión was laid out by the Spanish conquistador Francisco Pizarro when he founded the City of Lima on the 18th of January, 1535.

During the first years of the newly formed Republic, the **JIRÓN DE LA UNIÓN** was lined with various cafes, restaurants and illustrious shops selling imported goods and jewelry. Not surprisingly, this meant that members of the highest social classes were the only ones to frequent the avenue. In fact, up until the 1950s one could fill an entire afternoon just strolling down the avenue, for which only the best of one's wardrobe was expected, naturally. The city's most notable personalities in the cultural, political, and social arenas were often found within the avenue's many cafes. Since the 1970s, more of the avenue's blocks have become strictly pedestrian, and today the Jirón de la Unión is evidently commercial, albeit without its original aristocratic charm.

The open air, mall-like complex of **LARCOMAR** is the ideal place when you want a large and easy array of dining options, shops, entertainment like bars, discotheques, or to go see a movie. The two extremely popular discotheques are Aura and Gotica, both open Thursdays, Fridays, and Saturdays, and in summer (January and February) also Tuesdays and Wednesdays. Larcomar's principal attraction is its breathtaking location. Set atop the cliffs of Miraflores overlooking the Pacific Ocean, one can appreciate the marvelous views while dining or simply strolling around. This is one of the best places to be at the end of a sunny day to catch a stunning sunset.

Located approximately 15 m / 25 km south of urban Lima are the fascinating **PACHACAMAC RUINS**, a must for those who don't mind venturing out of the city for a spectacular insight into the pre-Incan coastal cultures of Lima. This expansive archaeological site contains both pre-Inca and Inca temples, with the latter often built on top of the earlier temples in a demonstration of power and superiority. This was one of the major pilgrimage sites in South America, in the years 500 to 1500. There are three ramp pyramids and a Temple of the Sun, the only one of the temples which may be accessed. Visitors may choose to walk with a guide or drive along the road in their own vehicle – a much more attractive option for those days when the sun is out, as there is no shade onsite.



Lima Parks and Plazas

LIMA IS GRACED WITH INNUMERABLE PARKS AND PLAZAS, NOT ONLY IN THE CENTRAL AREAS BUT ALSO IN SUBURBAN DISTRICTS. DURING TIME SPENT IN THE CITY YOU WILL NO DOUBT COME ACROSS MANY; NEVERTHELESS, THERE ARE ONE OR TWO THAT ARE WORTH SPECIAL MENTION.

The **PLAZA DE ARMAS**, also known as the Plaza Mayor, is situated in the heart of the Historic Center of Lima and is therefore the capital's principal public space. From this vantage point, one can admire the numerous governmental and religious buildings which surround the plaza. It is also a wonderful space to watch the comings and goings of Peruvians from all walks of life. The history of the plaza starts in 1535 with its founding by Francisco Pizarro; further details can be found in the Lima Attractions section of this guide.

Not far from the Plaza de Armas (actually connected to it by the Jirón de la Unión) is the Plaza San Martín, also one of the most representative public spaces in Lima. Located within the Historic Center of Lima, the **PLAZA SAN MARTÍN** was declared a World Heritage Site in 1988 by UNESCO. The imposing monument in the center of the plaza gives homage to Peru's liberator, José de San Martín, illustrating his voyage across the Andes. After serving as the site of a hospital and later a railway station, the Plaza as it now stands was re-inaugurated in 1921, in celebration of the 100th anniversary of Peru's Independence. As an example of the city's wealth at the time, the benches and handrails were constructed out of marble and the floor was built from granite. There were also four water fountains, bronze streetlamps, and flower-filled gardens. The overall appearance of the plaza and the surrounding buildings reflects the baroque style of architecture.

The **GRAN PARQUE CULTURAL DE LIMA** was inaugurated in January 2000 by both the mayor of Lima, Alberto Andrade, and the then-president Alberto Fujimori, in a successful attempt to bring new life and vigor to this space formerly known as the Parque de la Exposición. Located on the Paseo Colon in Lima Centro, it now boasts a medium-sized outdoor amphitheatre, Japanese garden, food and drink facilities, and various children's activities. The park is open daily from 8am to 10:30pm, and relaxing strolls through this green, peaceful and safe oasis in the center of Lima are recommended if you are in the area.

The park most noticed by visitors to Lima is undeniably **PARQUE KENNEDY**, and this large, flower filled park is hard to miss as it is right in the center of the most popular tourist quarter, Miraflores. Filled with immaculately kept flower gardens and providing ample shade and seating areas, this grassy space is popular among visitors to the city and locals alike. A welcome oasis in the middle of bustling Miraflores, it is also a great spot to savor a typical Limeñan sweet or snack, be it mazamora morada, picarones, arroz con leche, or a heartier butifarra (see food and drink section.)



Lima Museums

MUSEO DE LA NACIÓN, AV. JAVIER PRADO ESTE 2466, SAN BORJA - ENTRANCE \$3.20 - TEL: +51 (01) 4769878
(www.inc.gob.pe)

If you are interested in delving into the complicated history of Peru's ancient civilizations, the Museo de la Nación is not to be missed. This museum, the city's biggest and one of the most prominent in Peru, guides visitors through the highlights of overlapping and conquering cultures and their achievements, seen not only in architecture (including scale models of most major ruins in Peru), but also in highly advanced ceramics and textiles. The exhibits, spread over three rambling floors, are ordered chronologically and thus very helpful for getting a grip on these many cultures dispersed across time and space. They trace the art and history of Peruvian cultures from the earliest inhabitants up to the Inca Empire, the last before colonization by the Spaniards. For the most part, explanations accompanying the exhibits are in both Spanish and English. Allow 2 to 3 hours for your visit.



MUSEO DE ARQUEOLOGÍA, ANTROPOLOGÍA E HISTORIA, PLAZA BOLÍVAR, PUEBLO LIBRE – ENTRANCE \$2 - TEL: +51 (01) 463 5070 (<http://museonacional.perucultural.org.pe/>)

This is the country's oldest state museum, and traces Peru's history from the pre-Ceramic period to Independence. Once the home of revolutionary figures San Martín (1821) and Bolívar (from 1823 to 1826), the museum now houses some spectacular archaeological artifacts, such as the stelae and obelisks from Chavín, and displays scale models of important archaeological sites, as well as late-colonial and early republican-era paintings, furnishings, and independence artifacts.

MUSEO ARQUEOLÓGICO RAFAEL LARCO HERRERA, AV. BOLÍVAR 1515, PUEBLO LIBRE – ENTRANCE \$8 – TEL +51 (01) 461 1312 (www.museolarco.org)

For those fascinated by pre-Columbian art, this is the ideal place to visit while in Lima. Founded in 1926, the museum has the largest private collection of pre-Columbian art in the world, and has recently undergone a facelift, both physically and in terms of the information provided within. It concentrates on the Moche Dynasty, especially on its refined ceramics, with an estimated 45,000 pieces - including incredibly fine textiles, jewelry, and stonework from several other ancient cultures - all housed in a wonderfully restored 18th-century colonial building. The collection might be overwhelming to visitors who know little about the Moche, but one soon learns that the pottery gives clues to all elements of their society: diseases, curing practices, architecture, transportation, dance, agriculture, music, and religion. Plan on spending 2 hours to see it all.

There is also an attractive on-site restaurant, Café del Museo, located in the museum's front gardens under a flower laden gazebo, so you may want to plan for lunch or an early dinner during your visit.





MUSEO DEL BANCO CENTRAL DE RESERVA, CORNER OF LAMPA AND UCAYALI STREETS, LIMA CENTRO – FREE ENTRANCE – +51 (01) 613 2000 (<http://museobcr.perucultural.org.pe/>)

A less visited museum with excellent and varied collections. The museum's holdings are organized into three sections: archaeology, numismatist collection, and contemporary Peruvian paintings. There is also an exceptional ceramic collection from the pre-Inca Vicus culture. Contemporary Peruvian painters are very well represented here, also.

SALA MUSEO DE ORO DEL PERÚ, LEVEL 2 LARCOMAR, MIRAFLORES – ENTRANCE \$10 - +51 (01) 620 622 (www.salamuseo.com)

The Sala Museo Oro del Perú specializes in stunning objects made of gold and other precious metals, from the pre-Incan northern cultures of Peru: Sican, Chimu and Lambayeque. This is also the only museum in Lima that provides all visitors with a multilingual audio guide free of charge upon entry.

Shopping in Lima

The capital has the greatest variety of shopping in Peru, from tiny boutiques to artisan and antiques shops. Miraflores is where most shoppers congregate, although there are also several outlets in Lima Centro and elsewhere in the city. Most shops are open daily from 9:30am to 8:00pm, while smaller shops might be closed for lunch anytime between 12:30 and 3:00pm.

Miraflores is a very convenient district if you are searching for shops specializing in handicrafts, luxurious textiles, silver jewelry, and antiques. In particular, there's a little pedestrian-only passageway at Avenida La Paz 646 that's lined with well-stocked antiques shops, many displaying attractive religious art as well. Various shops on Avenida Larco, such as Kuna, sell high quality alpaca and vicuña products.

There are a number of markets for buying Peruvian souvenirs, jewelry, and attractive handicrafts along the Av. Petit Thouars in Miraflores. Reaching the markets is easy: it is just a short walk from Parque Kennedy. The biggest - and arguably best - of these is the Mercado Indio, a huge expanse of small to medium sized stalls selling everything Peruvian - sweaters, blankets, silver, and other handicrafts. The real attraction of these markets is their convenient location, competitive prices, and the selection might be even better than in the regions where the items are made. One exception is alpaca goods, which are better purchased in the areas around Cusco, Puno, and Arequipa, in terms of both price and selection. While goods might be a tad more costly than they are in other parts of the country, you can be sure that the local competition means you are getting more of a bargain than if you were to peruse other isolated artisan outlets. While the area is safe for shoppers, do look out for suspicious looking bills. If in doubt, ask for another bill in order to avoid being given counterfeit notes.

DÉDALO, PASEO SAENZ PEÑA 295, BARRANCO - TEL: +51 (01) 4770562

Feast your eyes at this artisan collective. Even if you don't plan to buy anything, this colorful gallery style shop is well worth the visit. Staged in an old refurbished house, a block away from the sea, it offers non-traditional Peruvian

workmanship at its best. Here you will find beautiful handmade ceramics, blown glass, design-winning woodwork, stone carvings, and the latest in textile design, among other works of art on a world-class level. They have a nice coffee shop on the inside patio, a children's toy area, handmade jewelry, and a permanent exhibition of unique objects made from recycled materials. There is no pressure to buy, so you can just wander at your leisure through the treasure-filled rooms.

GALERÍA LUCIA DE LA PUENTE, PASEO SÁENZ PEÑA 206, BARRANCO - TEL: +51 (01) 4779740

This famous commercial gallery is known as "the" art center in Lima. Opened in 1995, its primary objective is to promote Peruvian artists with established careers as well as to encourage the insertion of young talents into the art scene. It is housed in an old, fully refurbished Barranco mansion. Huge rooms with tall walls reflect natural light into the space, offering the ideal environment to appreciate the great variety of works. The gallery, which comprises more than 830 square yards / 700 square meters of surface space, has several exhibition areas including a photography room and a Project Room.

LARCOMAR, AV. MALECÓN DE LA RESERVA 610, MIRAFLORES - TELF. +51 (01) 4457776

Located in Miraflores, along the Malecón and Parque Salazar (in front of the Marriott hotel), Larcomar is also one of the swankest malls in Lima, with a slew of restaurants, movie theaters, and upscale shops overlooking the ocean. It's open daily from 10am to 8pm.

THE JOCKEY PLAZA SHOPPING CENTER, INTERSECTION OF JAVIER PRADO AND AV. PANAMERICANA SUR, SURCO – TEL: +51 (01) 4374100

This is a modern American-style shopping mall - the newest, biggest, and best in Lima - with department stores, restaurants, movie theaters, a supermarket, and some 200 exclusive shops. Although there is a predominantly American brand presence here, prices are considerably higher than they are for the same products in the United States.



Lima Hotels



The glass sculptured **JW MARRIOTT HOTEL** Lima is awe-inspiring. From your windows, sweeping views of the Pacific unfold for an equally breathtaking experience. Located just opposite Parque Salazar and overlooking the gardens that border Lima's Pacific Ocean beaches, this luxurious Lima hotel features all the amenities and services a guest could hope for during their Peru vacation. The gardens, shopping, gambling, dining and museums that surround this 5-star establishment will beckon you. Experience a new era of luxury while you explore Lima's opulent past and catch a glimpse of its future.



Located in trendy and dynamic Miraflores and within walking distance of the district's main attractions, the 4-star hotel **SOL DE ORO** is among the best accommodations in Peru's capital city. The large lobby with its high ceilings and the spacious common areas are truly impressive. Meeting the highest international standards of quality and excellence, this hotel features 112 suites that vary in size and amenities, and are sure to please the tastes of any visitor. With a first-rate restaurant on site, as well as a bar and executive spa that boasts a swimming pool, sauna, Jacuzzi and gym among other services, a stay at this hotel perfectly complements your Peru vacation.



The brand new **ALLPA HOTEL**, opened in July 2010, is located in the heart of the popular Miraflores neighborhood and close to many of the main attractions in Lima. Comfortable, chic, and convenient, this smart hotel is an excellent option for savvy travelers who want a great value hotel with all the modern amenities. Crisp white walls, cleanliness and a contemporary touch characterize this modern and minimalist hotel. All rooms are spacious and tastefully decorated creating a comfortable resting area for guests. Try the excellent Italian restaurant located in the hotel's lobby.

Lima Food and Drink

In 2004, an article appeared in The Economist: "Peru can lay claim to one of the world's dozen or so great cuisines." As the news spread of the discovery of one of the world's best kept secrets, the excitement began to build. In 2006,

at the Madrid Fusion Fourth International Summit of Gastronomy, one of the field's most important conferences, top chefs, critics, and journalists were blown away by the assortment and quality of Peruvian culinary offerings. Accordingly, the city of Lima, where many of the nation's 400+ national and regional dishes can be found in inexpensive local eateries and up market restaurants alike, was declared the Gastronomic Capital of the Americas.

Lima is a great place to experience the wonderful variety of Peruvian cuisine, which utilizes a huge array of ingredients from the country's coastal, mountain, and Amazon regions. Due to the richness and quality of seafood from the ocean off of Peru's coast, fish and seafood restaurants are the best bet for a meal that is at the same time delicious, authentic, and cheap. Find below descriptions and translations of some of the most common traditional and fusion dishes found across Lima today, from the most basic cafés to the finest restaurants.



Here are some of the much loved Peruvian dishes you are bound to come across during your stay in Lima.

Savory

AJI DE GALLINA: Chicken in a creamy yellow chilli sauce served with steamed white rice; ranging from mild to spicy. **Anticuchos:** Grilled cow heart marinated in vinegar and served roasted on skewers. Found in both restaurants and on the street at sidewalk grills.

ARROZ CON MARISCOS: (Rice with Seafood) A delicious stir-fry of various seafoods topped over aromatic, turmeric flavored rice; an excellent alternative for those who have exhausted the nearly endless Limeño combinations of seafood, raw onion, and citrus.

CHORITOS A LA CHALACA: Fresh mussels steamed and served whole in one half of the shell. These halves are then drenched with lemon juice and topped high with finely minced red onion, fresh cilantro and chilli - a delicious entrée that is highly recommended!

CAU-CAU: An afro-Peruvian dish of tripe (inner lining of cow stomach) seasoned with aji amarillo (yellow chilli), turmeric, onion, and cloves. It is then mixed with chopped potato and served with white rice. This dish was born of necessity, when poor workers were faced with the task of making a tasty dish from the leftovers they were given.

CAUSA: Layers of lightly spiced mashed potato with a touch of lemon, and creamy chicken, avocado, or seafood filling; usually garnished with dark olives, egg, or lettuce. With literally dozens of variations available, this is one of the most imaginative potato-based dishes you will find in Peru.

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CEVICHE: No visit to Lima is complete without sampling the city's famous ceviche, ordered as a main course or starter. It consists of raw fish marinated in lime juice, which in the process pickles the fish, "cooking" it without heat. Though this national dish can now be found in many other Latin American countries, the (original) Peruvian ceviche is served with cold boiled sweet potato, corn on the cob, and marinated red onion. Most common types of fish used include corvina (sea bass), lenguado (sole), trucha (trout), and bonito (sea fish similar to tuna).

LECHE DE TIGRE (TIGER'S MILK): The juice left over after a portion of ceviche is marinated and served. Slightly spicy and very flavorful, this can be ordered to add additional flavor to your dish or even to drink!

CHICHARRONES: Fried pork, sliced and served in a sandwich with red onion and chilli sauce.

CHICHARRON DE PESCADO/CALAMAR/MARISCOS/POLLO: Deep fried fish seafood, shellfish, shrimp, or chicken.

POLLO A LA BRASA - a rotisserie-style chicken served with french fries and salad. Found all over the city in specialized chicken restaurants.

CHIFA: The Peruvian take on Chinese food. A very popular style of food found in all classes of restaurants and every part of Lima.

LOMO SALTADO: originally a Chinese stir-fry adapted to suit Peruvian produce, this dish consists of strips of meat (most often beef as lomo) stir-fried with French fries, red pepper, onions, and tomatoes. This dish is always served Chinese-style with a side of boiled white rice.

CUY: GUINEA PIG. A Peruvian delicacy often only eaten during special occasions, usually served roasted and whole - bones and head included. Best tried in Cuzco, Arequipa or Puno as a regional specialty.

PACHAMANCA: A dish typically baked underground with hot stones, but can also be made in a large stove top pot. Made with marinated lamb, mutton, pork, chicken or guinea pig, as well as potatoes, lima beans, sweet potato, and corn. Usually served in very large portions.

TACU-TACU: Another afro-Peruvian fusion dish, this is now a popular dish common in most creole restaurants. Originally a poor man's dish, consisting of mashed beans, and boiled rice seasoned with paprika or chilli and then fried. Meat or fish can accompany to add some flavor to this rather bland, but very substantive, dish.

YUCA FRITA: FRIED YUCCA (MANIOC). Tastes a bit like a potato, served resembling very thick- cut fries with a slightly crumblier texture.

BUTIFARRA: A sandwich featuring roasted ham, marinated diced onion, and seasonings.

AND HERE ARE A FEW COMMON TERMS YOU WILL OFTEN SEE ON PERUVIAN MENUS:

ARROZ: rice

TALLARIN: noodles

CHAUFA: Chinese style fried rice

CHORIZO: sausage

POLLO: chicken

RES/CARNE: beef

CONCHITA: scallop

CORVINA: white sea bass

Lenguado: sole, flounder

MARISCOS: seafood

TRUCHA: trout



Sweet

ALFAJORES: A popular pastry, consisting of two or more layers of a baked crunchy pastry - resembling a sugar cookie - filled with manjar blanco (caramel), and coated with powdered sugar.

ARROZ CON LECHE: Rice pudding, cooked with aromatic sticks of cinnamon and clove.

HELADO: Ice cream

MAZAMORRA MORADA: A jelly-like dessert which takes on the color of one of its main ingredients—purple corn. Mazamorra morada is a dessert typical of Peru.

PICARONES: Sweet, ring-shaped fritters made of pumpkin-based dough; served drenched in a fig molasses syrup.

SUSPIRO LIMEÑO: A dessert made of condensed milk, almonds, manjar blanco (caramel), and topped with meringue. This classic criollo dessert is said to have been named by the famous Peruvian poet and author José Gálvez whose wife was famous for her cooking. When asked what inspired the name “Limeñan Sigh,” he reportedly replied, “Because it is soft and sweet like the sigh of a woman.” In this case, it would be a woman from Lima: a Limeña.

INKA KOLA: This bubble-gum flavored soft drink is actually flavored with hierba luisa, a herb similar to chamomile and native to South America. A group of British immigrants are originally credited with creating this drink, inspired by a tea more commonly used to settle upset stomachs and minimize the side effects of altitude sickness. Inka Kola is the only national beverage in the world whose sales beat those of Coca-Cola.

Lima Restaurants

Unifying Limeños, irrespective of background or ancestry, is their love of their national dishes, which are increasingly gaining international acclaim after being the country's best-kept secret for countless years. As varied as the cultures which comprise it, Peruvian cuisine is readily accessible to food-loving visitors from all over the world, and appreciated by even the most demanding professional palate. Aside from the numerous museums and colonial era churches and cathedrals in Historic City Center (1988 UNESCO declared World Heritage Site), the mouth-watering local fare is guaranteed to make an impression.

Lima is hands down the best place to sample Peru's wonderfully varied cuisine, which incorporates the huge variety of ingredients from coastal, mountain, and Amazon regions. Those who know about good cuisine will agree that Lima's restaurants offer some of the best value dining experiences in the world. There are literally hundreds of restaurants to suit all tastes and budgets, and below is a list of a few we recommend for their great food, good service, and clean facilities.

MAMA PANCHITA – AV. DOS DE MAYO 298 – MIRAFLORES, TEL: (51-1) 2425957

Located 3 blocks from Kennedy Park

Recent Gaston Acurio's restaurant. Gaston is the celebrity chef of the moment, with a burgeoning empire of fine-dining restaurants around the world and a cooking show on TV. Recommended dishes: Anticuchos, Pastel de Choclo and Cochinillo.

ASTRID & GASTON - CANTUARIAS 175, MIRAFLORES, TEL: (51-1) 4441496

<http://www.astridygaston.com/>

Among the 50's best restaurants in the world! Reservations in advance are highly recommended.

Hidden discreetly behind the nonchalant facade of an antique colonial house, on a busy side street leading to Parque Kennedy, sits this warm and elegant restaurant, decorated with colorful modern art. The restaurant includes a cozy bar and secluded wine-salon dining room. The place is sophisticated and chic but low-key, a good description of its clientele too. Part owner is Gastón Acurio. The list of desserts is nearly as long as the main course menu and they are simply spectacular. The menu here is best described as criollo-Mediterranean: Peruvian with a slight twist. Favorite dishes: the spicy roasted baby goat, the fish dish called noble robado, served in miso sauce with crunchy oysters, the crispy duck with rice and the suckling goat as main course. The esfera chocolate for dessert is just delicious!

MALABAR - CAMINO REAL 101, SAN ISIDRO, TEL: (51-1) 4405200 / 440 5300

Among the top 100 best restaurants in the world!

The philosophy behind Malabar's menu is to create unique dishes featuring Peru's extraordinary native ingredients from the Andes and the Amazon. The successful result is one of the most interesting culinary styles in the country, a fusion that goes to the roots of what it means to be Peruvian, with elements from other cuisines to create unique specialties. Porcon mushrooms, exotic jungle ingredients and a selection of superb Peruvian cheeses matched with a choice of fruit pisco are included on the menu. The restaurant also has a well-stocked bar and serves traditional pisco sours.

PESCADOS CAPITALES - AV. LA MAR 1337, MIRAFLORES, TEL: (51-1) 4218808

Great seafood place with a fun menu and nice terrace which makes it the perfect place on a sunny day. The restaurant's menu does a play on words with the seven deadly sins.

Recommended dishes: Causa Capital, Cebiche de Lenguado (white fish), any of the Common Sins and Pisco Sour.

LA MAR (BEST SEAFOOD RESTAURANT!) - AVDA. LA MAR 670, MIRAFLORES, TEL: (51-1) 4213365

This upscale cevichería, courtesy of hot chef Gastón Acurio is a fashionable, stylishly designed, and moderately priced venue to sample some classic ceviche, as well as other seafood dishes made in the traditional Limeño style, but with an edge. The airy, plant-filled space has a chic, modern touch, with an angular, poured concrete facade, bamboo roof, turquoise chairs, and cement floors. The fish -- choose from a couple dozen types of ceviche, as well as rice-based seafood dishes and whole fish -- is always fresh and carefully prepared. Make sure to arrive early, or fashionably late, as reservations are not taken.

BRUJAS DE CACHICHE – CALLE BOLOGNESI 472, MIRAFLORES, TEL: (51-1) 4471133

<http://www.brujasdecachiche.com.pe/en/nosotros.php>

Exquisite Peruvian Cuisine. One of the best 10 restaurants in Peru. Delicious regional food. Recommended dishes: Lomo Saltado (the best!), Sancochado and Rocoto Relleno.

CENTRAL – CALLE - SANTA ISABEL 376 – MIRAFLORES, TEL: (51-1) 2428515.

<http://centralrestaurante.com.pe/en/index.php>

Gourmet Food. Considered by many the best restaurant in Lima at the moment. Exquisite food and impeccable service guarantee. Recommended dishes: The Tuna Tataki, Beef Shortribs and Chocolate "Moelleux".

MANGOS CAFÉ – Located in Larcomar (the mall on the beach in Miraflores) for great pisco sours and views of the beach. Get a seat outside for better views!



Lima Nightlife

The array of establishments offering nightlife entertainment is as varied as the types of people who live in the capital. From student watering holes and backpacker haunts, to throbbing clubs and discothèques, to sleek and affluent bars, Lima has it all. A tried and true sampling of all these categories, from less to more formal, is detailed below.

THE MOCHILEROS PUB BAR (Av. Pedro de Osma 135, Barranco) is run next to the long running backpacker hostel of the same name (mochilero is backpacker in Spanish); this easy going pub is very popular with young tourists and locals alike. Featuring multiple drinking ambiances (including tables in the garden), local rock/reggae bands and DJs, and a colorful crowd, this laid back bar is a great choice for a local style, inexpensive night out. Typical drinks are handle beers and simple mixed drinks, though they successfully pull off an array of classic cocktails.

EL DRAGON (Av. Nicolas de Pierola 168, Barranco) is another bar for young and bohemian minded people. If you are looking for somewhere to have a cheap beer or mixer and dance along to late 80s and 90s rock/punk classics (and current bands who emulate the style), then Dragon is definitely your ticket. Almost every night features some organized event, and increasingly you will find the music branching out into disco, electronic or blues themed nights. Be sure to check the nightly drinking special. There is a small cover charge on weekends.

You would be hard pressed to find a bar with more history than the **BAR DEL HOTEL BOLIVAR**, (Jirón de la Unión N°958, Lima Centro). Located in the heart of downtown Lima, in front of the attractive Plaza San Martín, both bar and hotel are officially part of Lima's Historic Cultural Patrimony, and considered by most to make the best Pisco sour in the city. Among the famous names that have been attracted to the bar's charm are writers William Faulkner and Ernest Hemingway, as well as actors Cantinflas and Ava Gardner, who reportedly once surprised patrons with a sensual bar-top dance after numerous pisco sours. Today the bar maintains its old world elegance, and a drink there is a very effective way to transport oneself to 1950s Lima.

For those who adored the 80s, **BIZARRO BAR** (Calle Francisco de Paula Camino 220, Miraflores), is a great option; equipped with a large space, ample bar and dance floor. The crowd is generally 30-something plus and fashion conscious, and the drinks menu include a range of local and imported beers, wine, and spirits. There are multiple ambiances, comprised of a lounge like area near the entrance, a large, noisier area where the DJ is situated, and a private, loft type space overlooking the dance floor. There is a cover charge of approximately S/50 (\$17) here on weekends.

Two popular gay-friendly bars in Lima are **BOBO BAR** (Manuel Bonilla 109, Miraflores), and **LOLA BAR** (Calle Bolívar 197, Miraflores). While Bobo (as in bohemian bourgeois) is slightly smaller, both have a warm vibe and play great music. Well prepared and presented cocktails are on both venues' drinks menu, and hence are great places for a boogie while sipping your mojito in a totally non-discriminatory atmosphere.

The ultra funky **AYAHUASCA BAR** (Av. Prolongacion San Martin 130, Barranco, Telf: +51 (01) 981044745) is housed in a superbly furnished colonial casona, bringing to life the antique charm of Barranco on its exterior while creatively displaying the raw beauty of Peru's Andean and contemporary art. This is one of the most popular venues for Lima's



youthful and hip crowd. Expect an almost overwhelming variety of drinks: all well presented and delectable, imaginatively created with national fruits and spices as their inspiration. Nibbles here are also delicious. Ayahuasca is the ideal place to rub shoulders with Lima's urban elite in an eclectic, unimposing atmosphere. You can guarantee yourself a couch or two by making reservations.

Tucked away in a discreet Miraflores residential area is **HUARINGAS** (Calle Bolognesi 460, Miraflores, Telf: +51 (01) 4457154), a handsome and vibrant bar is characterized by its inviting vast array of drinks prepared with Peruvian Pisco and a vibrant atmosphere. It is the connected and associated with the restaurant Brujas de Cachice next door, and shares the same elegantly rustic décor. There are 2 stories available to patrons, as well as a semi open-air loft type space affording views down onto the neighbouring fountain. The ambience is that of large groups of friends catching up while comfortably sprawled out on low couches, therefore reservations must be made if you plan on finding a seat.

If you are looking for a big night out with the young and energetic limeño crowd, then clubs **AURA** and **GOTICA** are two very convenient and compatible options. Located nearly side by side in the seaside mall complex of Larcomar, these large multileveled discotecas provide all the necessary ingredients for a long night ending at 6am: crowds of Lima's affluent youth (or young at heart), music at volumes not intended for conversation, and a short inexpensive drinks list. Both venues have a relatively high cover charge every night.





Lima Cultural Calendar

FEBRUARY:

Carnival is wildly celebrated immediately prior to Lent throughout the whole country, including Lima. While festivities usually take place during the last days of the month in the form of large informal gatherings of family and friends, it is the city's children that have famously reclaimed this celebration as an opportunity to bombard each other with water balloons, all month long, as a way of beating the summer heat. Keep in mind that everyone – including tourists – are fair game when in residential areas, so take care with any costly equipment (cameras, for example) when you spot a group of excited looking youth. While water balloons are harmless enough, rowdy crowds of children are also known to use less pleasant materials in the more residential areas of Lima Centro, such as paint, feathers, and even shoe polish. Definitely keep this in mind if you plan to wander around on your own.

After years of public pressure agitating for such a day, the government finally gave in to popular demand and declared the first Saturday in February **Pisco Sour Day**, a national holiday in honor of this famous Peruvian national drink. The day is now marked with tastings, competitions, and parties across the capital city.

MARCH/APRIL:

As a heavily Catholic country, Easter in Lima, not to mention the rest of South America, is celebrated over an entire week, known as **Semana Santa** or **Holy Week**. This is of course a public holiday and many limeños take the opportunity to travel to other parts of the country or South America. Religious ceremonies usually begin on the Friday before Palm Sunday and the following week is filled with daily and evening processions in the city's Historic Center, in which participants demonstrate their devotion. This week of celebrations rivals that of Carnival in the sense that anything goes and revelers party and celebrate into the morning hours. At dawn on Easter Sunday, religious rites begin and end in a joyous celebration of the resurrection of Christ. Music, prayers, and fireworks mark the day.

Another popular non-religious annual celebration in Lima is the **National El Paso Horse Competition** held every year at Mamacona stables near Pachacámac, located about 19 miles / 30 km south of urban Lima. The paso horse is a direct descendent of the horses brought over by the Spaniards so many centuries ago, and was originally chosen for its elegant stride which makes a saddle unnecessary. Over the course of 300 years these horses have been continuously bred and developed to become one of the most beautiful and sought-after riding horses today. This tradition of a paso horse demonstration has been exported all over the world and has prompted a number of competitions both along the Peruvian coast (where the horses were most commonly used and bred for desert conditions) and in the arid highlands of the country as well.

JULY/AUGUST:

For all Peruvians, the end of July is synonymous with **Peruvian Independence Day**, a public holiday characterized by military and school processions, notoriously noisy parties that go on into the early morning, and a Peruvian flag displayed at each and every house (by law). Peru's actual Independence Day is the 28th of July, but the event has turned into a multi day celebration in mini-locales such as parks and plazas, culminating in a military parade in full regalia on the final day. Be warned however, festivities begin early with a 21-canon salute at the crack of dawn, followed by the hoisting of the Peruvian flag and traditional President's Speech delivered from the governmental palace.

A relatively recent addition to Lima's cultural calendar is the **International Book Fair**, where visiting authors discuss their work alongside book launches and dance shows, in the old San Martín barracks in Miraflores. The buying of books takes place amidst the busy mingling of the literary world. For more information regarding books, presentations, and scheduled appearances, refer to the official site (available only in Spanish) <http://filperu.com/html/index.php?pag=inicio>.

OCTOBER/NOVEMBER:

Lima's patron saint – Señor de Los Milagros or Lord of Miracles – is celebrated towards the end of the month in an extremely popular festival featuring large and solemn processions (the main ones taking place on October 18, 19, and 28) through Lima's Historic Center. This famous procession annually draws the largest amount of believers in South America – numbering in the tens of thousands – and has lasted since colonial times. Celebrating what has become Lima's most venerated religious image, this festival honors a blessed image of a black Christ, drawn centuries ago by an Angolan slave on the walls of a hovel on Pachacamilla Plantation, near Lima. Despite numerous attempts to remove the image as well as a subsequent earthquake in 1746 that leveled all surrounding buildings, the portrait remained undamaged. Contemporary processions now consist of a 24-hour parade through the city by pilgrims dressed in purple tunics, who sing hymns and dance while chosen cargadores (carriers) share the burden of carrying the Lord of Miracles on a two-ton litter across the city to various points of religious and cultural significance. Read our Newsletter article about the Lord of Miracles Procession and learn how to make the associated dessert the Turrón de Doña Pepa.

In commemoration of the Lord of Miracles, Lima also hosts a well-known bull-fighting tournament under the same name, **Feria Taurina del Señor de los Milagros**, held at the city's ancient Plaza de Acho bullring on the city outskirts. Traditionally, renowned bullfighters (toreros) from both Spain and Latin America take part in the event.





Special Interest

APRIL:

OutfestPerú is an annual festival for Lima's gay, bisexual, and transgender population, using film as a method of exploring contemporary sexual and social topics. Venues are spread throughout the city, but most screenings of the festival's national and international feature films, shorts, and documentaries take place in the Centro Cultural de España and the Centro Cultural de San Marcos. Please visit the festival website for full details of the programme: [OutFest Peru Website](#).

Year-round

THE MAGIC WATER CIRCUIT, inaugurated in the Reserve Park in 1997, has become one of the newest and most visited attractions in the city. Honored with a Guinness Record and unique in America, this circuit offers thirteen impressive fountains that combine movement, lights, sounds, and images. This is an amazing show to enjoy with all the family, and one that will equally enchant young and old audiences alike. The park is located between the main avenues Paseo de la Republica and Arequipa, in the Santa Beatriz neighborhood. Open Wednesday through Sunday from 4:00pm—10:00pm and General Admission is S/. 4.00 soles.

Weekly Events

PUEBLO LIBRE ARTISAN MARKET, DAILY, 12PM-8PM

This daily market specialises in traditional handicrafts, art and clothing created by artists living in locations all over Peru. Prices are slightly better here than in traditional souvenir stores.

MIRAFLORES ARTS AND CRAFTS MARKET, DAILY, 5PM-11PM

Are you searching for that elusive one-of-a-kind souvenir? It is not a bad idea to stop by the stalls here, filled with local wooden crafts, jewellery and artwork. Conveniently located in the heart of Miraflores' famous Parque Kennedy, shoppers are accompanied by a fun ambience of live music and local color as they wander round the circular markets.

STAMP EXCHANGE, SATURDAY AND SUNDAYS, 9AM-1 PM

Held weekly on the steps of the city's Philatelic Museum (at the central Post Office off the Plaza de Armas). Commemorative issues can also be bought here.

BIOFERIA, SATURDAYS, 8:00AM-2:30PM

Inaugurated in 1999, this ecologically minded food and goods fair has quickly become popular among locals who appreciate healthy food and fair prices. Here one can find fresh produce, whole grains, and preserved goods, as well as ready-to-eat pastries, smoothies, and desserts. Practically everything sold here is organic, and you will find products not readily available in other markets or specialty stores, including vegetarian, vegan, and lactose-free foods. Conveniently located alongside Parque Reducto in Miraflores, just 10 minutes from Parque Kennedy.

Lima Sports Activities

ALTHOUGH THE NATIONAL SPORT OF PERU REMAINS SOCCER, THE COUNTRY'S DIVERSE TERRAIN AND CLIMATE OFFER AN INCREASING VARIETY OF ENTERTAINING OUTDOOR ACTIVITIES RANGING FROM THE TAME TO THE EXTREME. AN ADDED BONUS OF MANY OF THE ACTIVITIES IS THAT THEY ARE AVAILABLE FOR A RANGE OF DIFFERENT ATHLETIC LEVELS AND TRAVEL TYPES, FROM FAMILIES TO INDIVIDUALS, AND FROM NOVICE TO EXPERT. NATIONAL SPECTATOR SPORTS ALSO POPULAR IN LIMA INCLUDE BULLFIGHTING, COCKFIGHTING, AND HORSE RACING.

Popular team games in Peru other than soccer include volleyball, tennis, and golf. Extreme sports available to the more adventurous traveler in regions throughout the country include surfing, mountain biking, paragliding, trekking, horseback riding, and river rafting.

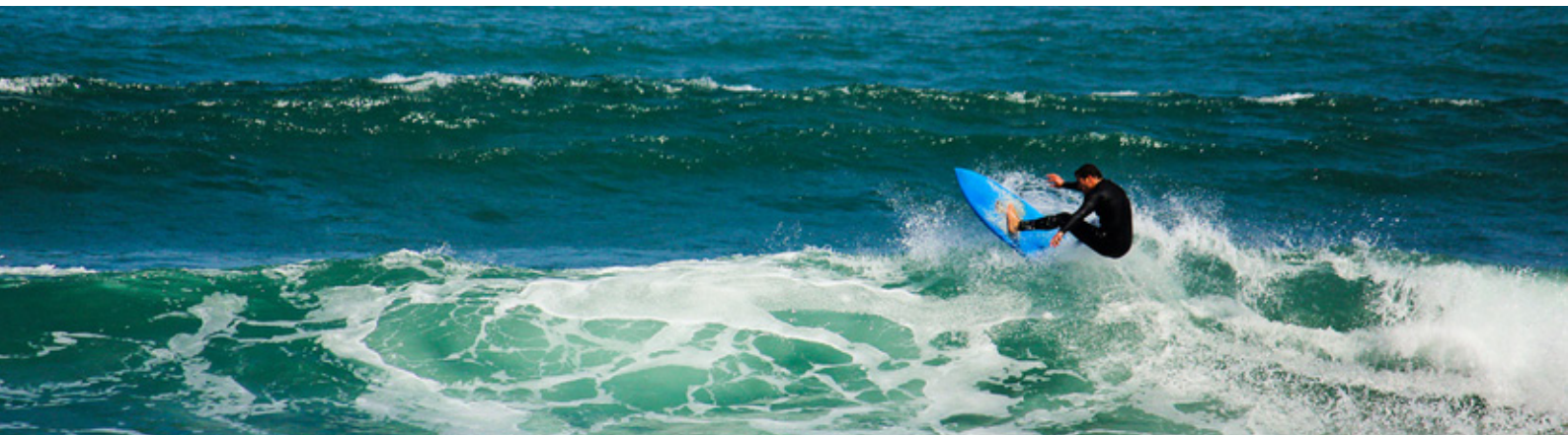
Lima Surfing

Peru is renowned for its excellent surfing options, as well as extensive beaches, and rain-free winters. With over 2000 km of coastline and multiple mile-long waves, it is no wonder that fishermen have been surfing here for thousands of years. Today the country has become one of the best surf destinations in the world, hosting international competitions and attracting thousands of surfers annually.

Popular surf spots located just south of urban Lima include the mighty Pico Alto at Punta Hermosa (where waves can reach a staggering ten meters high), San Bartolo, Huaico, and competition headquarters in Punta Rocas. Other local beaches are Barranquito and La Herradura.

More information regarding beach rating and break information can be found online at http://www.wannasurf.com/spot/South_America/Peru/Lima/.

Tubos Surf School (www.tubosurfschool.net) is a Lima-based surf instruction school with ample experience introducing beginners, both young and old, to this sport.



Lima Cycling

The very flat territory of Lima makes for great cycling, and various companies offer bicycle tours as a new and interesting way to get a close-up view of the city while you cruise through the streets, avenues, parks, boulevards, bike paths, and main interest places of Lima. For those who are a little more adventurous (though cycling through Lima is no small feat either!), there are many tour companies now specializing in cycling tours to and around the scenic outskirts of Lima. Half, full, and multi-day cycling tours of varying degrees of difficulty can be found going to the Lurin Valley, Pachacamac and Antioquia, offering a refreshingly unique way to discover the lesser explored regions of Lima. A few reputable operators are listed below:

PERU CYCLING – in and around Lima, as well as many other destinations along the coast and in the country's highland regions.

www.perucycling.com

BIKE TOURS OF LIMA – Lima city tours

<http://www.biketoursoflima.com/home.htm>

Lima Horseback Riding

Some ranches located on the outskirts of Lima provide travelers with the unique opportunity to ride Peruvian paso horses along mountain trails, beach coastlines, or ruins of ancient civilizations. Known for a unique gait that swings sideways rather than forward, these horses are direct descendents of the horse brought by Spanish conquistadors four centuries ago, and today can be found only in Peru. There are many tour companies as well as individual families that offer horse rentals and trail guiding. Here are some contacts of the most familiar companies in Peru:

CABALGATAS - Lurin Valley and Pachacamac, and Arequipa

<http://www.cabalgatas.com.pe/>

EQUITOURS - Tours through the Sacred Valley of the Incas

http://www.ridingtours.com/horseback_riding_destinations/Peru.cfm



Lima Paragliding

The Costa Verde of Lima offers a great “jumping off” point for adventurous travelers in search of a new kind of thrill. Several reputable and experienced paragliding schools work out of the launch pad in Miraflores Parque Raymondi, just next to the Parque del Amor. There, one can find a jumper to take part in an impromptu tandem jump (US\$40) or arrange to attend a multi-day paragliding school (costing around US\$450 for 5 days). Paragliding in Lima offers a stunning birds-eye view of the luscious coastal parks of the city, as well as the urban sprawl of the growing capital. Nevertheless, keep in mind that a dense fog settles over Lima from May to October, and although the thrill remains unequaled, the view from above can be a little less than ideal during these months. Companies in the area are listed as follows:

PERU FLY - www.perufly.com

EXTREME SPORTS CAFÉ - http://www.extremesportscafe.com/paragliding_peru.html

AEROXTREME - <http://www.aerextreme.com/ingles/index.php>





Lima Health and Safety

As in the rest of the country, tap water is not potable, so always be sure to drink bottled water, and avoid ice unless you are in a reputable café or restaurant. Bottled mineral water is cheaply available everywhere, and so the problem of potable water is relatively easy to overcome.

As for fruit and vegetables, good restaurants will use purified water to wash fruit, vegetables, and salads. If in doubt, ask. If you wish to be extra careful it is best to stick to salads made from boiled vegetables (carrots, beans, beetroot, boiled eggs, etc).

The most common offense committed against tourists is theft, mostly in the form of pick pocketing, but this can be avoided with general common sense and a sensibly low profile. In other words, while out and about do not flaunt expensive belongings such as cameras, portable media players (iPods), or cellular phones. While infrequent, muggings do happen in certain parts of Lima, such as in the downtown shopping areas. Again, a few simple precautions can make life a lot easier. A sensible practice is to only carry with you what you will be likely to spend during the day, and keep the rest of your valuables, including documents, back at the hotel in your room safe. If you wish to carry a credit card you should be sure to leave another one in the safe, just in case. And as for terrorism – as the South American Explorers' Club once described it – “the visitor, when considering his safety, would be better off concentrating on how to avoid being run over in the crazed Lima traffic.”

Contact us at any time, on travel@peruforless.com or 1-877-269-0309

